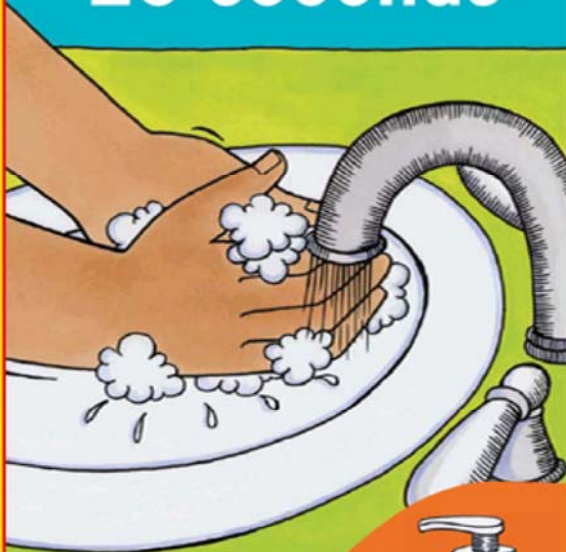


# Stop Germs, Stay Healthy!

**Wash hands  
often for  
20 seconds**



**Can't wash?  
Use alcohol-based  
hand sanitizer**



**Cover coughs and sneezes**



**When sick, stay home**



## **SWINE FLU (H1 N1)**

H1N1 virus, also known as "swine flu" is a virus that can spread from people who are infected. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch. You can't catch it from animals or from eating pork products.

### **How can you stop the spread of H1N1?**

- Stay home when sick
- Cover coughs and sneezes
- Wash hands often

**Call your health care provider or seek medical care for the following flu-like symptoms:**

- Fever for three days or more with no explanation
- Sickness getting worse quickly
- Person is unresponsive and unable to get out of bed
- Bad sore throat
- Difficulty breathing

**Public Health**  
Seattle & King County



For more information visit:  
[www.kingcounty.gov/health/swineflu](http://www.kingcounty.gov/health/swineflu)